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2010 January-Newsletter

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"We shouldn't deny the pain of what happens in our lives. We should just refuse to focus **only** on the valleys."

~Charles Swindoll



January 2010

Volume 36

Editor's Corner

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Well here we are already in 2010. It seems it wasn't that long ago that we were all worrying about Y2K. It's hard to think that 9 years has gone by so fast.

I decided this year not to make New Years resolutions. I've made resolutions in the past and was sure I knew where the year would lead me. I had my plans. Somehow it seems that every time I make my own plans, something gets messed up and it doesn't work out like I think it should.

A few months ago I decided to try an experiment and ask God daily to guide my day however he saw fit. The very first day of my experiment I ended up on the floor in the produce department of Fred Meyer smashing my head against a produce cart while shopping for my neighbor.

God and I kind of had it out as to what his purpose for that could possibly have been, but since I had asked Him to lead, I chose to believe that He had a plan.

Sure enough, months later when I desperately needed funds, I received a check in the mail from Fred Meyer.

Jesus tells me, "*I promise to guide you in the best pathway for your life. You can be assured, I will not abandon you.*" Psalms 32:8 paraphrased.

With that kind of promise, who needs New Years resolutions?

Audrey Woods

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"... it is not so much where we stand, as in what direction we are moving."

~Oliver Wendell Holmes

All About Me

With the passing of the Christmas Holiday, the disposal of torn and wrinkled gift wrappings, the opening of packages containing trinkets that you have no idea what to do with and the frustrating that you didn't receive what you'd hoped for from family and friends, are you delighted

that it's over or do you wish the holiday had lingered on? This Christmas, for whatever reason, I have quite a different "take" on the holiday than I've had before. Perhaps it's because age and some sort of maturity changes things, and perhaps it's just a sharper awareness of the real meaning of self-

ishness and selflessness.

Our Christmas Eve in New Mexico was really special. It had snowed the day before – just enough for the valley to look beautiful. Our mountain (12,003 feet) looked fabulous against a bright blue sky. Ron and I spent the day preparing for supper-



time, when our daughter and her family and our son-in-laws family would arrive for supper, gift exchange and a jolly good time (as Grandpa Scott used to say) All the food, hors d'oeuvres, main course and desserts were prepared, and we were ready to just enjoy. Twelve of us fit much easier into our house this year because of our addition – that filming studio/family room.

We munched, sat around the table and ate, and munched some more! Time came to open gifts, and we crowded around the tree in the living room, and sounds of “oh, ah and thank you so much” could be heard as folk opened their brightly wrapped gifts. Hannah was thrilled with her great-grandmother's little lamb collection – she cried as she read the card explaining the gift and as she opened each one. She will treasure them as she displays them on the little shelf that was given with the lambs. Abby was ecstatic with the cuddly scarf and earmuffs made of fake fur. The men were thrilled with their stockings filled with homemade caramel corn and “junque” – a Chex Mix tradition from Ron's mother. Sara and Wade were thrilled with the special massager that will help them to de-stress after long hours as an intensive care room nurse and police lieutenant.

Ron and I were also thrilled with the lamb's wool slippers I received and the Sara Palin Book and pile of unique goodies he received. Since my birthday is all-too-close to Christmas, and we are going to be in Florida for my birthday, I also received a small (just for the two of us) crock pot and a mini chopper. YEA! Sounds like it's all about me, doesn't it? What I gave and what I got. So where in this whole arrangement is there room for others – for selflessness? Why do we cling so tenaciously to self, to gratifying self, even in what we do for others (aren't we so good?)

NOW HERE COMES THE TEACHING:

First understand that the human brain was designed by God to see to it that the brain (mind) and the body will survive – at all cost! The thinking part of us, and even the ability to do some things without thinking, has the job of making sure that survival is maintained. We develop techniques to see to it that regardless of what happens around us, what circumstances we are enduring, what difficulties we are facing, what hurdles need to be jumped, we will do it so that we can live – physically and emotionally. Some of the techniques we develop are healthy (good for us and others) and other techniques are destructive of self and others. Believe it or not, even suicide is a survival method – it is a way that desperation chooses so as to no longer feel pain, sadness, anger or seemingly insurmountable odds.

We say and do things to make ourselves feel better about who we are, to defend ourselves, to make ourselves look good, and even to protect the fragile self. We develop behaviors designed to numb our pain, our loneliness, our sadness or even our anger. Unfortunately, many of these behaviors do not serve us well, and they don't necessarily serve others well either.

Some psychologists call this narcissism. Dr. Alexander Lowen, a psycho-analyst, states in his book: *Narcissism, Denial of the True Self*:

“Narcissism is a personality disturbance characterized by an exaggerated investment in how they appear rather than how they feel. Indeed, they deny feelings that contradict the image they seek. Acting without feeling, they tend to be seductive and manipulative, striving for power and control. They are egotists, focused on their own interests but lacking the true values of the self – namely self-expression, self-possession, dignity and integrity. Narcissists lack a sense of self derived from body feelings. Without a solid sense of self, they experience life as empty and meaningless. It is a desolate state.”

The term narcissism came from the mythical story of the young Narcissist who is reported to have fallen in love with the image returning to him as he saw himself reflected in a pool. It is noteworthy that he did not fall in love with himself, but with the image of himself. That image was not generated within him, but came from another source – the pool.

Men estimate character by that which they themselves are capable of appreciating.

A narcissist gathers the image of himself from the reflection that returns to him from others. He constantly seeks fuel (the responses he gets from others) and either positive or negative fuel will do. These empty individuals must seek from others because in themselves they do not feel or possess any amount of worth or value. That is why everything they do is about filling themselves. Dr. Lowen further states: *“In a normal person, actions are associated with the feelings that motivated them. In the narcissistic individual, however, the action is dissociated from the feeling or impulse and justified by the image.”*

What is narcissism and how does it develop?

Narcissism is a denial of feelings, because acknowledging, sharing or expressing feelings can be and often is painful. What the narcissist experiences in childhood causes them to cut off from feeling so as to not experience the pain of them. The narcissistic image develops in part as a compensation for an unacceptable self-image and in part as a defense against intolerable feelings. This happens in families where there is lots of yelling, name-calling, fighting and tension. Unfortunately, the denial of feelings also results in a repression of significant memories. The facades we erect hide our true selves from us as well as from the world. Narcissists have the ability to choke off their sobs and screams, and seemingly devoid of emotion, will play act with others to bolster the image of themselves.

We believe that most people are narcissistic to a greater or lesser degree. Why would we make such a bold statement; one that appears to be condemnatory of mankind? Well we are told in scripture that all have sinned and come short of the glory (goodness and mercy) of God. What is sin? You could answer that it is transgression of the law, and you would be correct. But the greater question would be why we as humans transgress the law? Do we defy the law when we speed? Yes! Why do we? Because **we want** to get from point A to point B faster than the speed limit allows – and quite frankly, because we think that we are above the law – we are the exception to the rule. Why do people steal? Because they want what someone else has, so” I’ll take what I want for **myself**,” is their thinking. It is also concluded by many psychologists that stealing is the result of childhood rejection. Why do

people commit murder? They do so because the victim has not provided for them what they feel is rightfully theirs, because they feel that they have been unjustly treated or . . . In any case self raises its power position and does whatever it wants to do to get what it wants. If self cannot get the fuel from others, self will take it by any means at hand.

Our preoccupation with satisfying self at the cost or expense of others, needing to see ourselves in a light that is good or even superior to others, needing to be right all the time so self is validated as intelligent, acting pious in order to receive positive input and simply seeking to gratify self regardless of the cost to others, are some of the behaviors of the self-absorbed. While the human brain was designed to see to it that we survive, it was not in God’s plan that we do so at the expense of others. “Seek ye first the kingdom of God and His righteousness, and all these things shall be added unto you.” Jesus clearly stated.

In an old book entitled Christ’s Object Lessons, the author states:

“God does not bid you fear that He will fail to fulfill His promises, that His patience will weary, or His compassion be found wanting. Fear lest your will shall not be held in subjection to Christ’s will, lest your hereditary and cultivated traits of character shall control your life. Fear lest self shall interpose between your soul and the great Master-worker. Fear lest self-will shall mar the high purpose that, through you, God desires to accomplish. Fear to trust to your own strength, fear to withdraw your hand from the hand of Christ, and attempt to walk life’s pathway without His abiding presence.”

How easy it is to look to ourselves, to want what we want when we want it, to choose, like Frank Sinatra’s song says, to do it “my way.” But the Lord is clear. *“There is a way that seems right to a man, but the end thereof is the way of death.”* Proverbs 12:14

When emptiness seeks filling, self raises its demands and carries the brain’s survival abilities to an extreme. Self is placed on the throne and dictates the behaviors and responses of everyone connected. The self-serving individual sees to it that his desires are satisfied, regardless of who is hurt in the process. Empti-

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ness seeks a constant supply of fuel coming its way with no inclination or entertainment of thought to pay for the supply. A “you owe me” attitude dominates relationships, and even is transferred to relationship with God.

“Those who let themselves be controlled by their lower natures live only to please themselves, but those who follow after the Holy Spirit find themselves doing those things that please God. Following after the Holy Spirit leads to life and peace, but following after the old nature leads to death, because the old sinful nature within us is against God. It never did obey God’s laws and it never will. That’s why those who are still under the control of their old sinful selves, bent on following their old evil desires, can never please God.” Romans 8: 5 - 8 (The Life Recovery Bible)

These are hard sayings, but as we venture into 2010 in an unsettled and scary world, we would be wise to consider being in alignment with God’s will for our lives. We would be wise to take a long look in the mirror, to examine ourselves, to honestly tell ourselves the truth about who is in charge of our lives. Does self keep showing up? Is it difficult to say, “Thy will be done, Lord” when we want a thing so badly. In our relations with others, with wives, with husbands, with parents and children, is self on the throne? Are the motives behind our actions to gather fuel or to honestly bless others, without regard for praise or recogni-

tion? An examination of personal motives can be alarming, but that alarm calls a halt to self-destruction.

So if you are a courageous person, or even if you’re not, but you do trust God to fulfill His word, begin looking carefully and prayerfully at yourself, your motives and the position that SELF plays in your everyday life. This is a great project for the new year. We’ve already started, and it’s unbelievable how full of self we are. May God grant us all personal discernment and the strength to let Him be in total control!

Questions & Answers



Would you please recommend books on Porn. I need a book that discusses the dangers of porn, how it degrades women and what it will do to a relationship. It also needs to be a book that does not really approach it from a Biblical point of view as the person is not religious in any way. Also are there any books of this nature that discuss masturbation and its effects? Thank You. I look forward to your response as soon as possible. Thank You

Answer: The country's leading expert on Sexual Addictions is Dr. Patrick Carnes, who for a very long time operated a retreat/recovery center in Arizona.

The following information was taken from his website: www.sexhelp.com

Dr. Carnes is currently the Executive Director of the Gentle Path program at Pine Grove Behavioral Center in Hattiesburg, Mississippi. He is the primary architect of Gentle Path treatment programs for the treatment of sexual and addictive disorders. He also pioneered the founding of the Certified Sex Addiction Therapist program. This has evolved into a network of local, regional, and residential programs which specialize in this work.

From 1996 until 2004, Dr. Carnes was Clinical Director for Sexual Disorder Services at The Meadows in Wickensburg, Arizona. While there, he developed a therapeutic technology based on his landmark study of the re-

Blog address: <http://www.fixablelife.blogspot.com>

coveries of 1,000 sex addicts. This work is summarized in [Don't Call It Love](#), which has been described by *The New Age Journal* as "the best book on the market about addiction and its costs and consequences."

Previously, Dr. Carnes designed the sexual dependency unit at Golden Valley Health Center in Golden Valley, Minnesota. This unit was the country's first in-patient facility for sexual addiction. Since that time, he has been instrumental in the development of treatment facilities across the country.

Dr. Carnes graduated in 1966 from St. John's University in Collegeville, Minnesota, with a Bachelor of Arts degree. He received his Master's degree in 1969 from Brown University in Providence, Rhode Island, and a Ph.D. in counselor education and organizational development from the University of Minnesota in 1980.

Dr. Carnes was awarded the distinguished Lifetime Achievement Award of the [Society for the Advancement of Sexual Health](#) (SASH). Each year, SASH (formerly known as NCSA/C) bestows a "Carnes Award" to deserving researchers and clinicians who have made outstanding contributions to the field of sexual medicine. He also was awarded the 2000 Counselor of the Year Award by AzAADAC in recognition of his contributions to the field of addictions treatment.

Dr. Carnes products are available on Amazon.com. Type in Dr. Patrick Carnes in the "search" area at Amazon.

Hope this helps you. We are familiar with his work, but have not read ALL of his materials. Just look at book descriptions at Amazon.com.

"Love doesn't die a natural death. Love has to be killed, either by neglect or narcissism. Those guilty of these two crimes of the heart always hide behind excuses convenient; too ashamed, lacking in integrity and courage to face the truth. To them, it is always something other than their own actions, desires and self-importance that dictate circumstances. For these people, so blind to truth, true love can never be fully experienced for they have never really given of themselves all that they are." ~Frank Salvato

Handbook for 2010



Health:

1. Drink plenty of water.
2. Eat breakfast like a king, lunch like a prince and dinner like a beggar.
3. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants..
4. Live with the 3 E's -- Energy, Enthusiasm and Empathy.
5. Make time to pray.
6. Play more games
7. Read more books than you did in 2009 .
8. Sit in silence for at least 10 minutes each day
9. Sleep for 7 hours.
10. Take a 10-30 minutes walk daily. And while you walk, smile.

Personality:

1. Don't compare your life to others. You have no idea what their journey is all about.
2. Don't have negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
3. Don't over do. Keep your limits.
4. Don't take yourself so seriously. No one else does.
5. Don't waste your precious energy on gossip.
6. Dream more while you are awake
7. Envy is a waste of time. You already have all you need..
8. Forget issues of the past. Don't remind your partner with His/her mistakes of the past. That will ruin your present happiness.
9. Life is too short to waste time hating anyone. Don't hate others.
10. Make peace with your past so it won't spoil the present.
11. No one is in charge of your happiness except you.
12. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
13. Smile and laugh more.
14. You don't have to win every argument. Agree to disagree...

Comments

It has been so much pleasure knowing you for the last 9 years. Allow me to say from the bottom of my heart thank you!!! You have been an inspiration and a guide. Your advice has been useful and I feel honored to be able to learn from you.

~Mark

EIDO in Cornville was something I can hardly put a price on. I would have been happy if it went for two weeks.

~Ron

Society:

1. Call your family often.
2. Each day give something good to others.
3. Forgive everyone for everything.
4. Spend time w/ people over the age of 70 & under the age of 6.
5. Try to make at least three people smile each day.
6. What other people think of you is none of your business.
7. Your job won't take care of you when you are sick. Your friends will. Stay in touch.

Life:

1. Do the right thing!
2. Get rid of anything that isn't useful, beautiful or joyful.
3. GOD heals everything.
4. However good or bad a situation is, it will change..
5. No matter how you feel, get up, dress up and show up.
6. The best is yet to come..
7. When you awake alive in the morning, thank GOD for it.
8. Your Inner most is always happy. So, be happy.



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"If we crawl till we can walk again then we'll run until we're strong enough to jump then we'll fly until there is no wind so let's crawl.."



Ron and Nancy are available for live seminars in your area. The seminars are typically 12—18 hours in length and are usually held on a weekend. They travel internationally, and prefer to work in a classroom setting. Their unique style includes team lecturing, interacting with each other and the audience and modeling healthy conflict resolution. If you would like to have Ron and Nancy present a weekend seminar in your area, please contact Rockeys@itsfixable.com

Schedule of Live Events 2009

<u>Date</u>	<u>Place</u>	<u>Seminar</u>
Feb. 5 - 6	Ohio Conference	Training Session
Feb. 20	Glendale, AZ	Marriage Seminar
May TBA	El Paso, TX	Why?
April 10 - 13	Devonshire, Bermuda	Why?
Oct. 23	Simi Valley, CA	Why?

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**"Waiting is our destiny as creatures who cannot by themselves bring about what they hope for. We wait in the darkness for a flame we cannot light, we wait in fear for a happy ending we cannot write. We wait for a not yet that feels like a not ever. Waiting is the hardest work of hope."
~Lewis Smedes**

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	Changes that Heal – Workbook		\$12.99		
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	Binding The Wounds – CD – audio seminar		\$99		
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	Created for Success – DVD – with 2 workbooks		\$199		
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The Journey Small Group Recovery Program - Authors Drs Ron and Nancy Rocky					
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	RING BINDERS (with purchase of The Journey Notebook)		\$0		
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	Macaroni Pin		\$4		
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